



HAMIOTA SCHOOLS NEWSLETTER

FEBRUARY, 2016

PRINCIPAL'S MESSAGE

We are moving into second semester nicely with three weeks under our belt and enjoying a really nice winter. As usual a great deal of exciting stuff is happening in our schools.

At HES our annual Valentine's party was a success despite the one cold stretch of weather that we had all year. Thanks to all the parents and grandparents who helped with skates this day. Miss Lopes is busy organizing a Jump Rope for Heart event for our school and we also have an assembly on February 24th to recognize anti-bullying day and talk and sing about what we can do about bullying. Festival is fast approaching for our students also. I wanted to congratulate Mrs. Obach for her Microsoft video, well done.

HCI's student council has been active with their citizenship activity where different students meet weekly with seniors and teach each other skills. What a great exchange of ideas. HCI hosts a pancake breakfast on February 24th and wears pink to recognize anti-bullying day also. Don't forget the Tornado Hunters are coming in late March to our school, with the public welcome. Council is also planning a major fundraiser with the Port in the Storm, as mentioned last newsletter, and elections for the new student council are coming up in March. Congratulations to Randy Kirk for being nominated and attending the citizenship banquet in Russell in February. Randy repre-

sented us well. Senior drama practice is up and running with our production slated for April. Some other events that have just finished or are coming include SET day which is an engineering day in Winnipeg, the Career Symposium and Construction Expo in Brandon, the hydro presentation and our ski trips.

In athletics the girl's and boy's curling teams played zones and while they did not qualify for provincials they represented us well. The boy's hockey team based out of Birtle is doing well and progressing through the Westman Hockey League playoffs right now. Middle year's basketball teams are in the middle of playoffs and the senior girls' team is getting close to their regionals. At the home tournament the girls finished second and the whole team would like to thank all the volunteers for their help and all the fans that came to watch them. It was a great environment to play in.

Report cards will be sent out for Grade K-8 before the spring break so please watch for them. As usual if you have any questions please do not hesitate to call. Thanks and take care.

Sincerely,
Jon
Zilkey
Principal



INSIDE THIS ISSUE:

<i>Elementary School</i>	2
<i>Classroom News</i>	
<i>Roots of Empathy</i>	9
<i>HCI Student Council</i>	
<i>Basketball</i>	10
<i>Curling</i>	11
<i>Hockey Fundraiser</i>	
<i>Citizenship Banquet</i>	12
<i>Honour Band</i>	
<i>Major Drama—Back to the 80's</i>	13
<i>SET Day</i>	14
<i>Wellness Posters</i>	

KINDERGARTEN NEWS from Mrs. McNabb & Mrs. Allan

The kinders are now attending school everyday! Mrs. McNabb is teaching the language arts and social studies curriculums with Mrs. Allan covering the math and science concepts. Throughout the day, play-based learning is integrated into our routine. As Albert Einstein once said, "Play is the highest form of learning."

Along with welcoming Mrs. Allan, we would also like to extend a warm welcome to Mrs. Karlee Lee who is working as an EA in our classroom in the afternoons.

Our class welcomed Joan Trott into our classroom to wrap up our learning investigation on trees. We sang songs, had interesting discussions, and listened to stories about the importance of trees. With Joan's expertise, she taught us how to paint winter trees using acrylic paint on a canvas. The kinder students produced beautiful masterpieces. Thanks Joan!



In kindergarten, we are learning how to be "bucket fillers." Everyone in the whole world carries around an invisible bucket. When it's full, we are happy. When we experience feelings of sadness, our bucket is empty. By being kind to others, we can be bucket fillers and spread love and kindness

wherever we go! How can we bucket fillers in kindergarten? Here are a few of our ideas:

- I can help animals
- I can help my mom with the dishes
- I can push my friends on the swing
- I can use good manners
- I can say, "I Love You."
- I can give hugs
- I can give someone chocolates or flowers
- I can draw my friend a picture or write a kind note to someone



When we perform an act of kindness during our school day, we receive a "warm fuzzy" to fill up our classroom bucket!

Pink Day is on Feb. 24th - we are very proud to wear pink to "stand up" against bullying. Our bucket filling skills help us to "stop, walk, and talk," as it reminds us to be kind, thoughtful, and helpful to others.



GRADE ONE NEWS by Mrs. Obach & the Grade Ones



We celebrated Valentine's Day. Each of us made a special bag to keep Valentine's cards and treats in. We did Valentine's Day yoga on a video call with Mrs. Caldwell's class. Grades 1 and 2 went to the rink to skate together. After skating, we made lovebug ladybugs.

We are planning a special project to help kids in Africa. Our class wants to have a fundraiser to buy school supplies for African kids. We've been emailing and Tweeting with a teacher from Africa named Mr. Eric. He told us that they don't have many school supplies so we decided to help them. Check out our blog or Twitter account to find out more about our project.

<http://mrsobachclass.blogspot.com>
and <https://twitter.com/MrsObachsClass>



The spring session of the Birdtail Festival will be held mostly in Miniota this year. HCI and HES students will take part in the vocal, band and piano sessions. **The Band and Recorder session will be held in Hamiota on March 16 beginning at 9:30 a.m.** The session will begin with the Grade 5 then Grade 4 Recorder Groups followed by the Grade 6, Grade 7, Grade 8 and Senior Band. Only Hamiota students will be involved in this session. The Strathclair/Shoal Lake Bands will play in Strathclair in the afternoon.

Miniota dates include:

- Vocal March 9
 - Piano March 14
 - Final Concert March 17**
- Miniota United Church**
7:00 p.m.



GRADE 2 NEWS by Mrs. Gregory

February is quickly coming to an end and we have been enjoying all the warm days for playing outside at recess.



This month in language arts, we have been reading a variety of plays. We even read a couple of Valentine's Day plays. We used the letters in Valentine's Day to see how many words we could make. We were also working on a book called "Getting the Facts". We continue having fun learning the different letters in cursive writing.

In math we have been working on calendar activities. We have also been doing our number

of the week and we have worked on making some incredible equations. On Valentine's Day we made a graph using conversation hearts.

We have been learning about solids and liquids in our science classes.

February has been a month filled with many special events. Our Valentine's Party included skating at the rink as well as sending and receiving Valentine's cards.

February is I Love to



Read month and we would like to thank Mrs. Smith for organizing some interesting activities. It was great to come to school in our P.J.'s and do some buddy reading. We also enjoyed doing the READO

bingo game.

We celebrated our 100th day of school on February 23rd. We wrote stories and made a picture of what we might



look like when we are 100 years old. We also made glasses in the shape of 100. We brought collections of 100 things and compared them in a variety of ways. It was interesting to put our pictures into the aging app to see what we might look like when we are older.

With February coming to an end, we are looking forward to singing in the festival at the beginning of March. It won't be long before we are doing Easter activities and looking forward to a well deserved spring break.



GRADE 3 NEWS by Mrs. Nowosad

February has flown by!

We have been super busy in ELA working on our frog dodecahedron projects. These are 12 sided 3D projects with a lot of work put into them.

We have also been working at making our writing more interesting. We take "blah" sentences and turn them into "wow" sentences. This has been lots of fun and an interesting way to include describing words in our writing. We also finished our novel *Charlie and the Chocolate Factory*, by Roald Dahl. What a fun book! We all



think it would be great to live in a chocolate factory. We are almost finished completing a big writing project for this novel. We also spent some time making our own chocolates which were absolutely delicious!!! Thanks Mrs. Kirk for helping us out.



We continue to work on addition, but a huge focus is now on subtraction. I am pleased with how hard everyone is working! We have also started measurement and are getting better at estimating and measuring with cm and mm. Dreambox is also a hit with the students and is a fun way for them to practice their math skills.

In science we have started our unit on magnets. We have discovered that many things we thought were magnetic aren't! It will be a fun unit and we are excited to keep going.



The Valentines party was a great time. We got together with Mrs. Dixon's grade 3 class for some a tasty "build your own ice cream sundaes!" Then we went to the rink for a skating party. Everyone had a fantastic time!

On the 17th we had our monthly visit to Park Residence to see our buddies. Our class had made some very nice valentine cards for their buddy! While we were there, we created a little "cup of tea" art project with our buddies. It was a nice little card, including some real tea. The students and their buddies worked really well and had a great time completing this project. Once completed, students delivered these to other residents in the building. We then read some stories and played a math game. Thanks Mrs. Sheridan and Mrs. Smith for being our volunteers this day. The cookies for this visit were pretty fancy as the grade 3

class had decorated them the day before at school. Thank you to Mrs. Sheane and Mrs. Kirk for helping the kids decorate the cookies so nicely! They tasted delicious!

On February 24, we will participating in Pink Day, in support of bully prevention and promoting respectful relationships. Both Mrs. Nowosad's and Mrs. Dixon's class have been working very hard on a special song that they will be performing for the assembly this day. It is a song by Bruno Mars, called "Count on Me", about friendship, and how we can count on each one another.



Once again, thank you for all the support we receive from home. It is much appreciated.

"You can count on me, like one, two, three, I'll be there.
And I know when I need it I can count on you like four, three, two, you'll be there.
Cause that's what friends are supposed to do, oh yeah!"

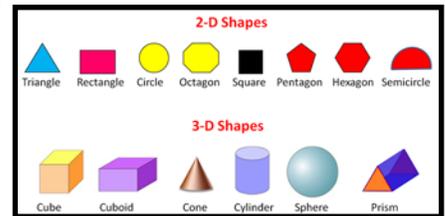
**Bruno Mars, Count on Me



GRADE 3 NEWS by Mrs. Dixon

February has been slipping by quickly, as we continue to work on our reading, writing, and arithmetic skills! We are enjoying the novel study, "Stone Fox" right now and are very interested in the close friendship between a boy and his dog. We've also been writing "hamburger" paragraphs, which help to teach the concepts of topic sentences, detail sentences and closing sentences.

We've been using a variety of subtraction strategies in Math and are now taking on a different topic - two and three dimensional shapes and solids. It's always interesting to build and design during this unit!

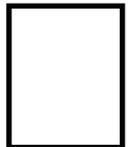


In Science, we're learning about forces, specifically magnetic forces. We've been conducting various experiments with magnets and will look forward to a couple of design projects soon!



During our February Lilac visit, we worked with our buddies to make valentines for all Lilac residents. We had fun delivering the surprises to their mailboxes and it was nice to think of others during at this time.

We had a great time at our Valentine's party, as we were able to build our own sundaes and skate at the rink. Exchanging valentines is always a highlight, too!



The Grade 3 classes have been practicing diligently to perform a song about friendship at our upcoming Day of Pink assembly. They are a musical group!



We thoroughly enjoyed buddy reading and Pyjama Day in celebration of I Love to Read month. Many of us have also completed our READO for this month. Way to go!

UPCOMING DATES AT HAMIOTA ELEMENTARY:

- March 9 ~ Festival for the choirs at Miniota
- March 16 ~ Festival for the Grade 4 and 5's for recorder at HCI
- March 24 ~ Hot Lunch Taco in a Bag / Last Day of Classes

GRADE 4 NEWS by Mrs. Routledge



February flew by in the blink of an eye! In a few days, March will be blowing in like a lamb...or a lion...and the kids will be counting down until spring break! The next four weeks are going to be jam-packed full to the brim with new units and exciting lessons!

The whole Grade 4 gang is vibrating with excitement as we get underway with the new ELA unit we have started on that big, hairy, mysterious creature called BIGFOOT! So far, we have made giant posters outlining what we already know about this elusive mystery...and we know quite a bit! Together, we have read all about Bigfoot and just what or who Bigfoot is? Bigfoot sightings go back as far as 100 years ago! We have watched a short clip of the very first Bigfoot sighting in 1967, by a man named Roger Patterson. The students have written opinion paragraphs, outlining 2-3 reasons why they believe/don't believe while backing up their opinions with facts. So far, the class is almost 50/50 split. We will revisit this again at the end of the unit. Coming up, we will be reading a story about a man named Albert Ostman, who claims he was kidnapped by a family of Sasquatch in the B.C. wilderness. Exciting!



Math continues to centre around multiplication and division. We are continuing on with multiplying and dividing large numbers. Looking for patterns and using familiar strategies to help us problem solve is our focus right now. We continue to work on recalling our facts up to 9x9 so we can quickly and easily use this knowledge when using strategies to solve larger equations. Keep practising those times tables!



In social studies, we are knee-deep in the Inuit culture and life in Canada's far north. We have been introduced to Inuit storytelling and illustrations, learned about the history of Canada's newest territory, and mapped out important places and landmarks in Canada's most northern territory. Soon, we will be learning all about the Inuit culture NOW as well as THEN.

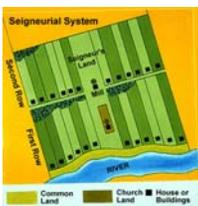


Reminder: As the weather warms up, our outdoor clothes will get wet and soggy! Please send dry pants or an extra pair of splash pants in your child's backpack.

GRADE 5 NEWS by Miss Armstrong

Fractions and decimals are well underway in Grade 5! We have been discovering that we can use different fractions and decimals to show an amount. There are lots of examples of these types of numbers that we come across in our everyday lives.

In ELA we are halfway through our new unit on extreme weather. We are now experts at the weather basics such as how to read a thermometer and give the daily forecast. We were amazed to learn about all of the different types of weather that happen all around the world at once! So far we have learned about the power of thunderstorms and tornadoes.



Our classroom is full of recycled materials and art supplies that are just waiting to be turned into models showing the seigniorial system. The models will depict everything about the daily life of both the habitants and the seigneurs of New France.



GRADE 5 NEWS by Mrs. Routledge

Another month has zipped by, and it's hard to believe we're starting to think about spring break. It doesn't even feel like we've had winter yet. The weather has been beautiful!

In LA we have continued to work on guided reading, and are enjoying the different types of literature we have been exposed to. We are also doing our finishing touches to our persuasive writing essays. We will soon be starting to work on some research projects!

Guided Reading



In math we are just wrapping up our unit on measurement! Trying to

What is capacity?

Capacity is the amount of liquid that a solid shape can contain



To measure capacity we use millilitres, litres or fluid ounces.
We write it like this
mls, ltrs or fl oz

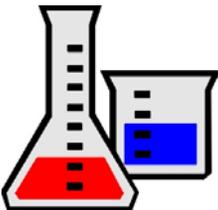
keep perimeter, area, volume and capacity straight is proving to be very tricky for some of us. We are also trying to get faster at our multiplication facts so when we start on division we'll be ready!

What is volume?

Volume is the measure of space taken up by a solid object

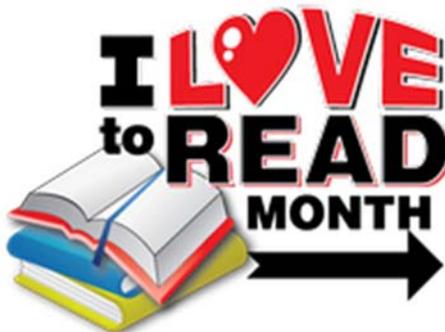


To measure volume we use cubic centimetres or cubic metres. We write it like this
 cm^3
cm



In science we are also coming to the end of our unit on Properties of and Changes in Substances. We have done many, many experiments and even made our own glue!

For our Valentine's party we had a pizza lunch and went curling at the rink. It was more of a funspiel because the rules and scoring were changed to make it more interesting.



We have also been celebrating "I Love to Read" month with a variety of activities that have been organized by Mrs. Smith. Thank you Mrs. Smith!

ROOTS OF EMPATHY by Mrs. Huberdeau

Mrs. Routledge's Roots of Empathy students have been busy over the last two months. We have covered the topics of "Emotions" and "Sleep" and are soon moving on to talk about "Safety." In the "Emotions" unit, we talked about naming and defining different feelings and the fact that they are universal. We talked about times when we felt sad, mad, happy and afraid, and of course we enjoyed a visit from Baby Amelia and her mom Rebecca Thompson.



When studying the topic of "Sleep", we learned that it is often a big part of a newborn's life. We discussed that the transition from awake to asleep can be a difficult one for many children and that temperament plays a huge role in how a child may feel about going to bed. We emphasized that a baby who has trouble with sleep is not a bad baby and that no one can make someone sleep. However, having a baby that doesn't sleep well is often very frustrating for parents. We talked about active and non-active sleep states and the sleep cycle, and also touched on the fact that it is recommended to put a baby to sleep on his or her back to lesson the risk of Sudden Infant Death Syndrome. We even tracked our own hours of sleep over the course of a week! Of course, the highlight of our lessons is always our visit with Baby Amelia. She teaches us so much about our own emotions, temperaments and the way we treat others.

STUDENT COUNCIL NEWS by Cassie Hunter

This month the student council has been busy with a variety of different activities. For Valentine's Day we sold matchmaker forms which almost all students bought to see who their matches were!

We have been working on our citizenship grant project to partner with community seniors to learn and teach something. We have enjoyed going to help and teach the seniors and we are looking forward to learning something – chess, baking, knitting and crocheting - ourselves. We have started organizing for our Senior's Tea on March 11th. At the tea we are having live music with dessert items. Stay tuned for more advertisements in the community, or call the school for more information.



Day of Pink is on February 24th. We are having a breakfast that includes pink pancakes and pink juice. Don't forget to wear your pink clothes!

We will be starting our "Port in the Storm" meetings to talk about fundraising and learn about the cause. We have set a date of Sunday, June 5 for this event. More information to follow!

The Tornado Hunters are coming on March 23 for a presentation on what they do and how to be safe when bad weather hits. The public is welcome to attend.

Yearbooks are now on sale, \$35.00 or \$37.00 for personalized.



MIDDLE YEARS BASKETBALL

The Middle Years basketball teams continue to have great seasons improving each week. The girls will end their season with playoffs in Shoal Lake on Thursday, March 3 and the boys, this

Thursday, February 25 in Bin-scarth. Thanks to the coaches and parents for the great support this year!



Back: Kareena Sims, Kiara Kirk, Zachi Espayos, Eve Routledge, Hailey Chappell, Ashley Jay (coach)
 Middle: Mr. Zilkey (coach) Christyna Caldwell, Jana McTavish, Emma Dmyterko, Mikayla Grabowski, Olivia Tolton, Charlotte Little, Telyna Lake
 Front: Kyla Good, Emerson Zilkey, Machaela Tannas, Darrah Kent



Back: Josh Conway, Rhylen DeBin, Vince David, Cole Clark
 Front: Caleb Rindlibacher, Nash Gurr, Jamie Waddell
 Missing: Cole Gunnarsen, Logan McTavish, Marshall Henry, Mr. Orland Usick (Coach)



VARSITY GIRLS BASKETBALL



Back: Mr. Zilkey (coach), Ashley Jay, Kara Kent, Jaimie Rose, Jessica Hunter, Caitlin McTavish, Miss Lopes (coach)
 Front: Chantelle Chappell, Chyna Lake, Emily Usick, Destiny Allan, Brenna Kirk.

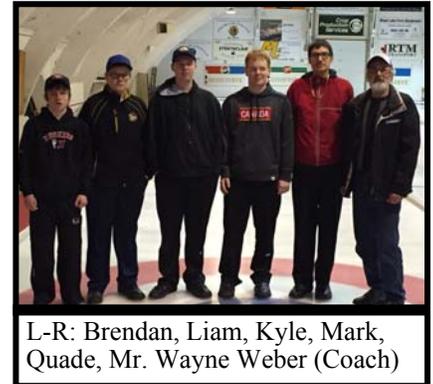
The varsity girls basketball team has had a good season so far and finished as tournament finalist in their home tournament and consolation champions of the Elton tournament. The girls now head to playoffs on March 5th when they travel to Grandview for regionals with the aim of qualifying for provincials.



SENIOR CURLING

Varsity curling zones were held in Strathclair on Thursday, February 4 and Friday, February 5.

The boys team, coached by Wayne Weber and consisting of lead / spares Liam Caldwell and Brendan Lawn, second Kyle Feschuk, third Mark Lawn and skip Quade Wood, fared well in their first event against Strathclair but dropped the second match to a strong team from Major Pratt School. The Hamiota team wound up meeting and defeating Strathclair again on Friday to again face off against Russell in the zone final. Although we came up short after six ends, the team displayed good sportsmanship and should be congratulated for their effort.



L-R: Brendan, Liam, Kyle, Mark, Quade, Mr. Wayne Weber (Coach)



L-R: Cassie, Joelle, Jaden, Allan Lawn (Coach), Cassidy, Eveline, Chelsea

The girls team, coached by Allan Lawn and consisting of spare Cassie Hunter, lead Jaden Hemrica, second Cassidy Heapy, third Joelle Little / Eveline Juce, and skip Eveline Juce / Chelsea Lawn, did not manage to defend their 2015 zone title, coming up short in their Thursday matches against Strathclair and Russell and falling again to Strathclair on Friday. Although the girls did not advance to the zone final, they played very well in spite of team illness and should be commended for their teamwork and perseverance.

We would like to thank Strathclair school and curling club for their hospitality and wish all graduating curlers the best of luck in their future endeavors!

SKI TRIPS

- MIDDLE YEARS MARCH 9
- GRADE 9-12 MARCH 21-22



HIGH SCHOOL HOCKEY RAISES MONEY FOR CANCER



Standing: Nick Radlinsky, Keenan Lewis, Rudy Pederson, Jonathan Brydon, Darian Brown, Matthew Ledoux, Trey Koroscil, Travis Malchuk, Eric Lemoine, James Maddess, Jayden Vine-Clow, Joe Lane, Hayden Crampain, Chase Anderson
 Kneeling: Daniel Fouillard, Skylar Barnesky, Noah Lemoine, Jory Nychuk, Ben Murray
 Front: Falcon Mom and recent cancer patient - Tracy Malchuk

For the third year in a row Russell has hosted a fund-raising game for Cancer. This year Major Pratt played the Birtle Falcons who have HCI's Hayden Crampain & Ben Murray on the team. All money raised by Major Pratt went to the Chemotherapy unit in Russell. All the money raised by the Birtle Falcons is going to the Hamiota Chemotherapy unit. The boys sported pink jerseys, laces and tape. The jerseys were donated by the Art Farm in Russell and all the officials donated their pay to the cause.

PARKWEST SCHOOL DIVISION CITIZENSHIP AWARDS BANQUET



Randy receives his award from School Board Trustee Ryan Hamilton

Each year the Park West School Division host an annual banquet to honour students that have displayed leadership, citizenship and social justice qualities. This year the board received seven individual nominations, two honourable mentions and five group applications. This year HCI had one individual nomination, Randy Kirk. Randy is President of the HCI Student Council. He is in charge of a student citizenship project which has students meeting weekly with seniors. He was a major volunteer with the Relay for Life committee that raised over \$33,000 for cancer research. In the community, Randy sits on the Arts Council Board and he assists with various fundraisers. He also serves as a volunteer firefighter.

HONOUR BAND by Miss Novakowski

On Saturday, February 13th the Westman Junior and Senior Honour Bands performed at the Westman Centennial Auditorium. Jacinta Doupe, Korinne Alexander, and Logan Wilson performed in the Senior Honour Band while Olivia Tolton and Eve Routledge performed with the Junior Honour Band. Students came together from band programs from all over Western Manitoba for two days of music making. The Senior Honour Band's guest conductor was Dr. Wendy McCallum from the Brandon University and the Junior Honour Band's guest conductor was Mrs. Alexis Silver from Sisler High School. Well done to all who participated!



BACK TO THE 80'S

...the totally awesome musical

A Musical in 2 Acts by Neil Gooding;
additional material by Stuart Smith;
revised orchestrations and arrangements by
Brett Foster. Original musical adaptation by
Scott Copeman

Over 30 students have been spending most of their Sundays at HCI preparing for the major drama production of 2016. Under the leadership Val Caldwell (director), Miss Chelsey Novakowski (musical director) and Jana Tannas (choreographer) they have been working hard to be ready for the play, April 7-10. What is the play all about? Well.....

Remember when actors became American Presidents? When Bubble skirts and blue eye shadow were cool? When Atari was cutting edge technology ? From the era that brought the world The Rubik's Cube, Max Headroom and The Teenage Mutant Ninja Turtles comes this "totally awesome" musical in the style of movies such as *Back To The Future*, *Ferris Bueller's Day Off*, *The Karate Kid* and *The Wedding Singer*.

Set at William Ocean High School, the story tells of a senior class that graduated in the 1980s. The then 17-year-old Corey (Randy Kirk) is madly in love with his next-door neighbour, Tiffany Houston (Jaimie Rose), one of the coolest girls in the school. However, she barely notices this, as she is too busy mooning over Michael Feldman (Cody Pope), the hottest guy around. Michael and his entourage are athletic and good-looking (Holden Norrie, Chantelle Chappell, Logan Wilson), the popular kids that Corey and his two best friends (Liam Caldwell, Reece Breneman) dream of being. However, while they may not be the coolest guys in school, they are still one up on Feargal McFerrin III (Bobbi Hunter), whose best friend is his computer, and who believes the crazy notion that one day CDs will replace cassette tapes. Tiffany's best friend, Cyndi (Ashlyn Kirk), is always ready with a quick comeback and is truly "A Material Girl".

During the year, several new students arrive at the school - Mel (Chelsea Lawn/Saige Braden) and Kim (Cassie Hunter/MacKenzie Sims) Easton (the all-singing, all-dancing twin cheerleaders) and Eileen Reagan (Bailey Wilson/Caitlin McTavish). Eileen is supported by friends (Ashley Jay, Emily Lints, Amber Raycroft) who are definitely not part of the "cool crowd". Will Eileen ever make new friends at William Ocean High School? Will Tiffany ever see the evil side of Michael? A dozen other cast members fill the roles of the other graduates who sing and dance their way through their final year at William Ocean High.

Meanwhile the teachers are having problems of their own. Mr. Stevie Cocker (Brian Johnson), after being in a relationship for two years with the apparently conservative English teacher, Miss Sheena Brannigan (Korinne Alexander/Jacinta Doupe) discovers a secret from Miss Brannigan's past that may break them up forever. How will he cope? Will their relationship be able to survive this hurdle?

Throw in a Star Wars dream sequence, high-energy dance routines, copious amounts of blue eye-shadow, twenty cans of hairspray, as well as some of the most popular songs ever written (Wake Me Up Before You Go Go, Man in the Mirror, Walking on Sunshine, I've Had the Time of My Life, You Give Love a Bad Name, Mickey and many others) and the result is a musical that will delight and amuse an audience of any age.

PERFORMANCES

April 7, 12:30 p.m. School Performance, Public Welcome—Rush Seating only

April 8, 7:00 p.m.

April 9, 7:00 p.m.

April 10, 2:00 p.m.

Advance Tickets on Sale beginning March 21 at Hamiota Collegiate
(Weekends or Spring Break please call the school and leave a message at 204-842-2803)

SOMETHING TO LOOK FORWARD TO!!!!!!

Watch for upcoming weekly Hot Lunch days provided by Mrs. Whelpton's Grade 9 Food & Nutrition class. The first will be Wednesday March 2nd. More details to follow!!!



SCIENCE, ENGINEERING AND TECHNOLOGY (SET) DAY

AT THE UNIVERSITY OF MANITOBA



Will Chappell

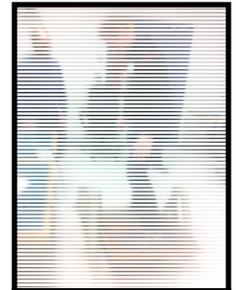
On Friday, February 19, Mr. Cory Smith traveled with 4 HCI students to SET Day.

While there they listened to speakers and attended a hands-on workshop “Analyzing Your Moves” described below:

Students will begin by viewing lab facilities in the Faculty of Kinesiology and Recreation Management. Interactive activities will take place in the Perceptual Motor Behaviour Lab in IGAC 234. Here students will rotate through 2 stations:

- *Students will learn how a three-dimensional motion analysis and electromyography systems can help us understand how humans perform different movements. The motion analysis system is the same technology used to create computer animation. Students will be able to use the equipment as a participant and as a researcher.*
- *Students will learn how eye-tracking technology can be used to measure how humans interact with their environment. Students will be able to use the equipment as a participant and as a researcher.*

Students will learn about motor control and motor learning theories and how they are used in everyday life. Students will then move through 3-4 stations to test these theories on themselves.



Brody Smith



Jessica Sparrow & Hanna Tolton

It was a very informative and interesting day!

INTERACTIVE WELLNESS POSTERS

Mr. Coulter’s Biology 40S class has been creating Wellness Posters. These posters are displayed on the wall outside the office. There is an added feature to these



posters. By downloading an app on your cell phone and then holding your phone over a poster you will be able to see a video made by the student who created the poster explaining it. The app is called “Aurasma “ and directions for uploading and using it are posted with the posters.

Come and check out this technology!!